

Making the Connection: Health and Student Achievement



Society of State Directors of Health,
Physical Education and Recreation (SSDHPER)



Association of State and
Territorial Health Officials (ASTHO)



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Briefing: Improving Academic Achievement by Meeting Student Health Needs



Iowa Interagency Health Promotion Communities and Schools Team
February 2003



Iowa is progressing in education reform and building on reforms by using multiple policy strategies to improve what each student accomplishes through the district comprehensive school improvement plan.

Many
Iowa
students
will
achieve



**For other students,
performance will be
lower than expected
because they come
to school not ready
and unable to learn**

Objectives

- **Provide scientific research links between academic achievement and health**
- **Gain a greater understanding of the influence of school health programs on student success**

Good Health is Necessary for Academic Success



The National
Association
of State
Boards of
Education
(NASBE)
says...

“Health and success in school are interrelated. Schools cannot achieve their primary mission of education if students and staff are not healthy and fit physically, mentally, and socially.”

— *Fit, Healthy, and Ready to Learn: Part 1 – Physical Activity, Healthy Eating, and Tobacco Use Prevention, 2000*

The
National
Governors'
Association
(NGA) says...

“Policymakers need to focus on eliminating the barriers that affect lower-performing students’ readiness to learn.”

— *Improving Academic Performance by Meeting Student Health Needs, 2000*

The U.S.
Department
of Health
and Human
Services
(HHS) says...

“Schools have more influence on the lives of young people than any other social institution except the family and provide a setting in which friendship networks develop, socialization occurs, and norms that govern behavior are developed and reinforced.”

— Healthy People 2010

It is difficult
for students
to be
successful
in school if
they are:

- **unhealthy**
- **physically unfit**
- **malnourished**
- **uneducated in health**
- **absent**
- **unable to access health care**
- **in an unhealthy environment**
- **surrounded by unhealthy staff**

No Child Left Behind

“...to ensure that all children have a fair, equal, and significant opportunity to obtain a high-quality education and reach, at a minimum, proficiency on challenging ...academic achievement standards and academic assessments...”

Is student
health the
missing
piece in
school
reform?



Coordinated
school
health
programs
are a
solution



Coordinated
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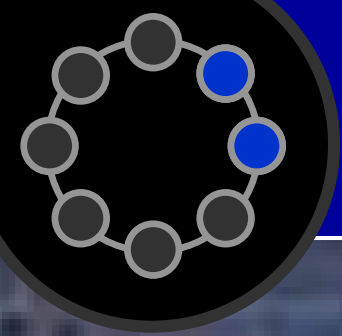
- Engage parents, teachers, students, families, and communities
- Help keep students healthy
- Support learning and success in school
- Reinforce positive behaviors
- Help students develop knowledge and skills to make smart choices

Components of a coordinated school health program



How do the
components
of a
coordinated
school health
program
impact
academic
achievement?



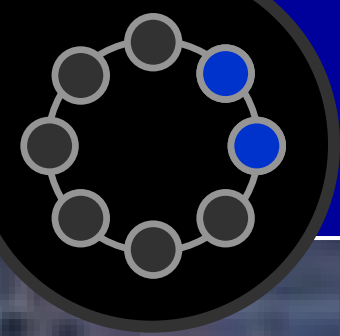


PHYSICAL EDUCATION



- Physical fit children perform better academically

— *California Department of Education, 2002*



PHYSICAL EDUCATION



- Physical activity is positively associated with academic performance

— Dwyer, Blizzard, and Dean, 1996

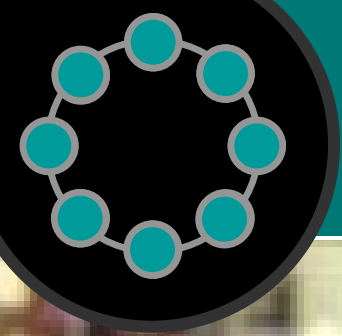


PHYSICAL EDUCATION



- Students who participated in quality school physical fitness programs had positive effects on their standardized test scores, though less time was available for other academic subjects

- Sallis, McKenzie, Kolody, Lewis, Marshall, and Rosengard, 1999
- Shephard, 1996, 1999
- Dwyer, Coonan, Leitch, Hetzel, and Baghurst, 1983, 1979



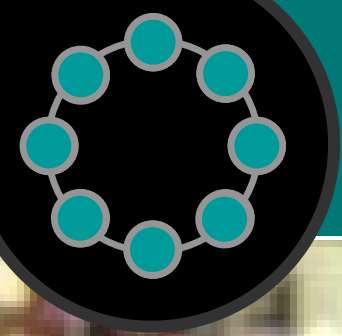
NUTRITION SERVICES



Food-insufficient children (ages 6 to 11) are more likely to:

- receive lower math scores
- repeat a grade
- visit a psychologist
- have difficulty getting along with other children

— Alaimo, Olson, and Frongillo, 2001



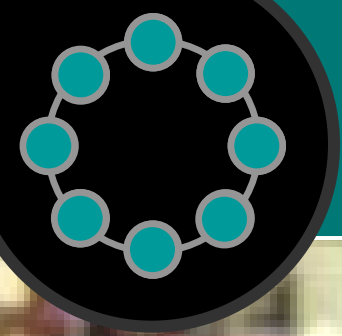
NUTRITION SERVICES



Food-insufficient teens (ages 12 to 16) are more likely to:

- visit a psychologist
- be suspended from school
- have difficulty getting along with others
- have no friends

— Alaimo, Olson, and Frongillo, 2001

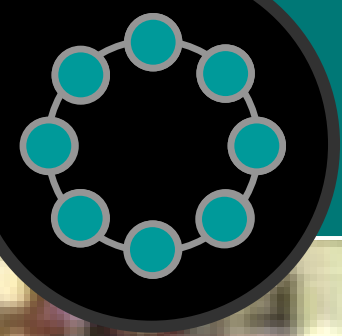


NUTRITION SERVICES



- School breakfast programs positively impact academic performance, absenteeism, and tardiness among low-income elementary school students

— Meyers, Sampson, Weitzman,
Rogers, and Kayne, 1989



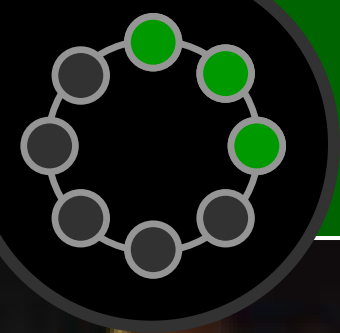
NUTRITION SERVICES



School breakfast programs:

- increase learning and academic achievement
- improve student attention to academic tasks
- reduce visits to the school nurse
- decrease behavioral problems

— Murphy, Pagano, Nachmani,
Sperling, Kane, and Kleinman, 1998



COMPREHENSIVE SCHOOL HEALTH EDUCATION



Students who participate in health education classes that use effective curricula:

- Increase their health knowledge and improve their health skills and behaviors
- Decrease risky behaviors relative to the program

— Connell, Turner, and Mason, 1985

— Botvin, Griffin, Diaz, Ifill-Williams, 2001

— Dent, Sussman, Stacy, Craig, Burton, and Flay, 1995

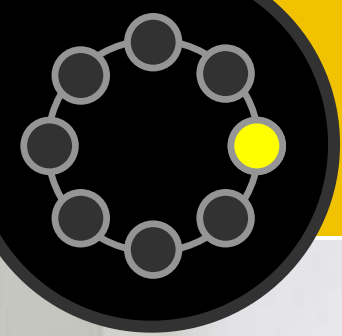


COMPREHENSIVE SCHOOL HEALTH EDUCATION



- Reading and math scores of third and fourth grade students who received comprehensive health education were significantly higher than those who did not received comprehensive health education

— Schoener, Guerrero,
and Whitney, 1988

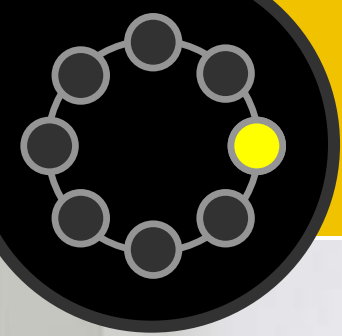


SCHOOL HEALTH SERVICES



- Preventive services, education, emergency care, referral and management of acute and chronic health conditions
- Designed to promote the health of students, identify and prevent health problems and injuries, and ensure care for students

— *Health is Academic, 1998*

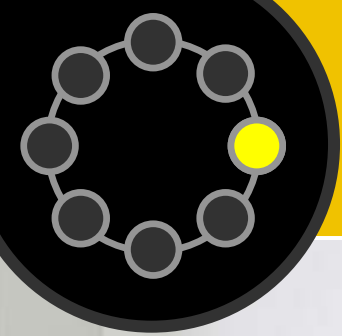


SCHOOL HEALTH SERVICES



- Early childhood and school aged intervention programs that provide parental support and health services are associated with improved school performance and academic achievement
- Early intervention may also improve high school completion rates and lower juvenile crime

— Reynolds, Temple, Robertson,
and Mann, 2001



SCHOOL HEALTH SERVICES

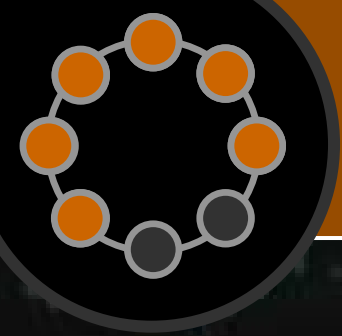


Schools with school-based health centers report:

- Increased school attendance
- Decreased drop-outs and suspensions
- Higher graduation rates

— McCord, Klein, Foy,
and Fothergill, 1993

— Walters, 1996

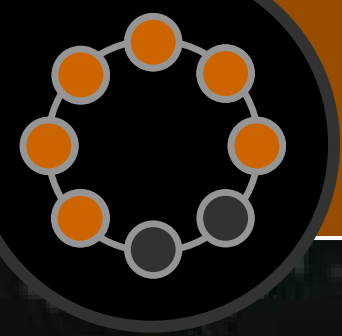


HEALTHY SCHOOL ENVIRONMENT



- The physical condition of a school is statistically related to student academic achievement
- An improvement in the school's condition by one category, say from poor to fair, is associated with a 5.5 point improvement in average achievement scores

— Berner, 1993



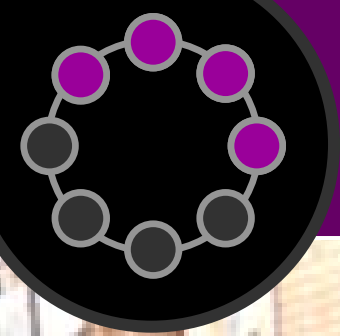
HEALTHY SCHOOL ENVIRONMENT



Students who develop a positive affiliation or social bonding with school are:

- More likely to remain academically engaged
- Less likely to be involved with misconduct at school

— *Simons-Morton, Crump, Haynie, and Saylor, 1999*



FAMILY & COMMUNITY INVOLVEMENT

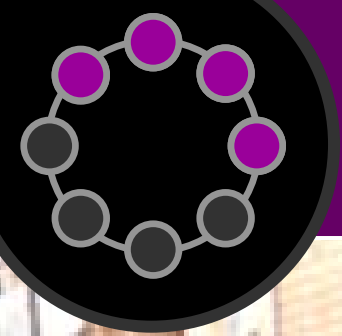


Students whose parents are involved in their education show:

- Significantly greater achievement gains in reading and math than students with uninvolved parents
- Better attendance
- More consistently completed homework

— Henderson, 1987

— Shaver and Walls, 1998



FAMILY & COMMUNITY INVOLVEMENT



Community activities
that link to the classroom:

- Positively impact academic achievement
- Reduce school suspension rates
- Improve school-related behaviors

— Nettles, 1991
— Allen, Philliber, Herring,
and Kupermine, 1997



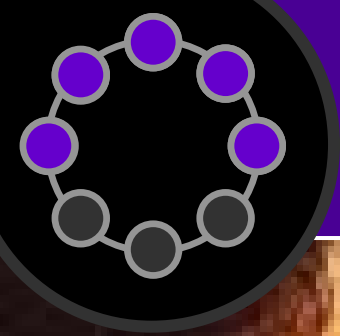
SCHOOL-SITE HEALTH PROMOTION FOR STAFF



Teachers who participated in a health promotion program focusing on exercise, stress management, and nutrition reported:

- Increased participation in exercise and lower weight
- Better ability to handle job stress
- A higher level of general well-being

— Blair, Collingwood, Reynolds, Smith, Hagan, and Sterling, 1984



SCHOOL-SITE HEALTH PROMOTION FOR STAFF



Students benefit from having healthy teachers because:

- Teachers are more energetic
- Teachers are absent less often
- The school climate is more optimistic

— Symons, Cummings,
and Olds, 1994

Model School Health Programs

- **Iowa School-Based Youth Services**
- **Healthy and Well Kids in Iowa (*hawk-i*)**
- **New Jersey School-Based Youth Services**
- **California's Healthy Start**
- **Florida's CSHP**
- **Vermont's focus on health-risk behaviors**

Leaders
like you
agree...



Leaders
like you
agree...

“Our district has seen first-hand what a well-rounded health program can accomplish for all children, pre-K through 12th grade. There is no question in the minds of (our) educators that a complete school health program positively affects student achievement.”

— Edward VandenBulke, Superintendent,
Stow-Munroe Falls City Schools

QUESTION:

What does
this all
mean?



ANSWERS!

Coordinated school health programs can impact students' academic achievement and increase healthy behaviors.

ANSWERS!

Coordinated school health programs empower students with the knowledge, skills, and judgment to help them make smart choices in life.

ANSWERS!

*Healthy children make
better students, and
better students make
healthy communities.*

ACKNOWLEDGEMENTS

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the
briefing:

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[http://www.state.ia.us/educate/programs/ecese/
cfcs/health_promotion/index.html](http://www.state.ia.us/educate/programs/ecese/cfcs/health_promotion/index.html)

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National Organizations Supporting Coordinated School Health Programs

- American Academy of Pediatrics
- American Alliance for Health, Physical Education, Recreation and Dance
- American Association for School Administrators
- American Cancer Society
- American College of Preventive Medicine
- American Dietetic Association
- American Heart Association
- American Psychological Association
- American Public Health Association
- American School Food Service Association

National Organizations Supporting Coordinated School Health Programs

- American School Health Association
- Association for Supervision and Curriculum Development
- Association of State and Territorial Chronic Disease Program Directors
- Association of State and Territorial Health Officials
- Council of Chief State School Officers
- Children's Environmental Health Network
- Girl Scouts of America
- National Assembly on School-Based Health Care

National Organizations Supporting Coordinated School Health Programs

- National Association of State and County Health Officials
- National Association of School Psychologists
- National Association of State Boards of Education
- National Education Association Health Information Network
- National School Boards Association
- Partnership for Prevention
- Society for Public Health Education
- Society of State Directors of Health, Physical Education and Recreation

And many others...